



Light Caesar salad

10'
Hands on

8'
Cook Time

4
Portion(s)

1
Difficulty



Method

For the marinade and dressing

- Beat the anchovies, garlic, lemon zest, lemon juice, pepper and 3 tablespoons olive oil, until completely combined.
- Add the mustard and beat to incorporate.
- Add 2 tablespoons of the mixture in a bowl and use it to marinate the chicken.
- To the rest of the mixture in the food processor, add the yogurt and parmesan. Beat to incorporate.
- If it is too thick you can add some water to make it thinner.

For the chicken

- Place a non-stick pan over high heat and let it get very hot without adding any oil.
- Spread some plastic wrap on a working surface and place the chicken fillets over it.
- Cut them in half, horizontally to create 2 thinner fillets from each fillet.
- Cover with plastic wrap and pound them with a saucepan or meat tenderizer to give them a more even thickness. It should be 1-2 cm thick.
- Spread the marinade over the whole surface of the fillets.
- Add them to the pan and sauté until golden on both sides.

For the salad

- Chop the iceberg into 3 cm pieces and place in a bowl.
- Add the corn, the dressing, thyme, mint and oregano.
- Toss to coat.

To serve

- Cut the chicken fillets into 2 cm slices and add them to the bowl.
- Add some thyme and oregano.
- Crumble some rusks over the top and serve.

Ingredients

For the marinade and dressing

- 30 g salt-cured anchovies, fillets
- 1 clove(s) of garlic
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- pepper
- 3 tablespoon(s) olive oil
- 1 tablespoon(s) mustard, dijon
- 150 g strained yogurt
- 60 g parmesan cheese, grated

For the salad

- 400 g chicken breast fillet
- 2 iceberg lettuce
- 100 g corn, canned
- 2 tablespoon(s) thyme, fresh
- 1 tablespoon(s) mint, fresh
- 1 tablespoon(s) oregano, fresh

To serve

- 1 tablespoon(s) thyme, fresh
- 1 tablespoon(s) oregano
- 200 g rusks, barley

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 380 Calories (kcal) | 19.0 Total Fat (g) | 5.9 Saturated Fat (g) | 8.0 Total Carbs (g) |
| 19% | 27% | 30% | 3% |
| 5.6 Sugars (g) | 43.0 Protein (g) | 2.0 Fibre (g) | 1.6 Sodium (g) |
| 6% | 86% | 8% | 27% |